

CLASS SESSION PRICES AVAILABLE (BEST VALUE/TOO MANY OPTIONS TO LIST) SEE CONNECTIONS, ON-LINE INFO OR ASK STAFF

Indoor Cycling – Session price available; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$40), Non (\$48)

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout & burn approximately 600+ calories per class! All fitness levels welcome because you control your pace. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.

Fit Camp-Total Body Conditioning – Session price by month; DROP-IN: Res (\$11.50), Non (\$14); FLEX CARD: Res (\$52), Non (\$63)

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core.

Boot Camp with Karie – Session price available; DROP-IN: Res (\$13), Non (\$15.50); FLEX CARD: Res (\$60), Non (\$72)

This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. Beg. - adv. levels welcome. Bring a towel and water bottle.

Strong & Fit Seniors/Adults – Session price by month; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$41), Non (\$50)

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness.

Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere.

Pilates – Session price available; DROP-IN: Res (\$14), Non (\$16.50); FLEX CARD: Res (\$63), Non (\$76)

This instructional class focuses on breathing technique, correct form/postural alignment, strengthening core muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome.

Purna Yoga – Session price available; DROP-IN: Res (\$15.50), Non (\$18.50); FLEX CARD: Res (\$72), Non (\$86)

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful. With 2,000 hours of teacher training, your teacher has a wealth of knowledge to share with you. All experience levels welcome.

Students should bring a yoga mat to class.

Jazzercise & Jazzercise Lite – Call Phyllis at (425) 814-2134 or visit jazzfitness.net for more information.

Taekwondo – Session price by month: Res (\$53), Non (\$63)

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs. old or have instructor permission.

Belly Dance – Prices listed below for 8-class session. FLEX CARD available for “Beginners” class only: Res (\$60), Non (\$72)

Classes are perfect for beginners as well as more advanced students who want to refine their skills. Each session introduces a new, fun rhythm & appropriate steps to learn. Classes range from beginner (Basics) to Performing Skills (Advanced).

Beginners – Res (\$80), Non (\$96); *Intermediate* – Res (\$90), Non (\$108); *Drills and Zills* – Res (\$40), Non (\$48);

Middle Eastern Folk Styles – Res (\$96), Non (\$112)

Gentle Tai Chi – Session Price: Res (\$48), Non (\$58) – 6 Classes; DROP-IN: Res (\$10), Non (\$12)

This class introduces the basic foundation of Tai Chi through the Tai Chi Qigong 18 form. The easy to follow exercise sequence combines gentle upper body movements with deep breathing and is suitable for adults of all ages. Taught by 6th rank, certified instructor. Ages: 18Y and up.

Yang Style Tai Chi – Session Price: Res (\$60), Non (\$72) – 6 Classes, Beg., Int., or Adv. classes available; DROP-IN: Res (\$12), Non (\$14)

Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body. The advanced class will practice the Yang style long form.

ZUMBA—Session price available; DROP-IN: Res (\$9), Non (\$10.50); FLEX CARD: Res (\$40); Non (\$48)

ZUMBA has become one of the fastest-growing dance-based fitness

workouts fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water.

Post-Rehab Strength & Conditioning—Session Price: Res (\$84), Non (\$100) - 12 Classes - This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

Parkour Class for kids (ages 6-12) — Monthly Session Price: Res (\$62), Non (\$74); The Parkour Class for kids establishes a strong physical foundation by educating students on proper positioning for movement. Students begin to develop basic motor control, strength, power, agility, and the ability to apply it to movement development. Kids classes focus on games, obstacles, and all out fun! Prize points are given out to reward individual achievements, friendship, and dedication. Points can then be redeemed for freebies, prizes, and fitness tools that will prove useful on each student's journey of life-long health and fitness. First class is free.

Parkour Class for ages 13—adult — Monthly Session Price: Res (\$62), Non (\$74); The Parkour adult classes are focused on skills of strength, power, agility and their application to movement development. We integrate fun exercises that include restorative mobility drills, gymnastics-style bodyweight training, and safe Parkour movements. An achievement system is in place to help ensure a balanced progression. First class is free.

Parkour Class—Stage 2 — Monthly Session Price: Res (\$62), Non (\$74); The Stage 2 Parkour Class reinforces proper positioning for advanced movements while incorporating advanced Parkour techniques. Requirements to level up into stage 2 include safety comprehension, strength achievements, respect for peers/parents/property and completion of lower level Parkour Class. See Parkour Class - Kids Class or Teens and Adults Class for further details. To register during a session, call the South Bellevue Community Center at (425) 452-4240.

Fit Girls – Session price: Res (\$60), Non (\$72) - 6 classes

Improve core strength and athletic performance while preventing injuries in this conditioning program for middle and high school girls with a Licensed Athletic Trainer. This program will focus on agility training to specifically address common imbalances and related injuries for girls. Learn running, jumping, and cutting form and techniques to develop core strength, stability, and balance. All fitness levels welcome.

Barre Class—Session price: Res (\$84), Non (\$100) - 7 classes; FLEX CARD available.

This Barre exercise class taught by a Licensed Massage Practitioner and certified instructor draws from the best of Barre, Pilates, yoga, and dance for a breakthrough workout that will 'blow your leg warmers off'. Focus on building strength, flexibility, endurance, posture, stamina, balance, and grace with longer leaner muscles that are more injury resistant.

Core Conditioning—Session price: Res (\$60), Non (\$72) - 6 classes

Core Conditioning centers on building a strong foundation for functional movement and improving spinal stabilization, posture, and balance. This class focuses on engaging the core muscle groups of the abdominals, glutes, hips, back, and lower extremity during exercise and activity. Improving core muscle control and strength will decrease risk for future injury. This class is suited for individuals of all fitness levels. Individuals desiring to build a strong foundation for increased activity are strongly encouraged to join.

****Session/Monthly Price = Best value when registering for a full session. Prices may vary each session due to different sessions lengths.***

****Flex Cards = Gain flexibility by purchasing a 5 class pass, valid for the trimester. 15% more than session price. Available for select classes.***

****Drop-in Rates = Pay for one class at a time. 10% more than Flex Card rates. Available for select classes.***

****To register during a session call South Bellevue Community Center (425) 452-4240.***

Refer to Connections brochure at www.bellevuewa.gov, or myparksandrecreation.com for session rates.